

Spring Issue 2024
Veteran's Outreach Ministries
VOM
magazine

New Castle County, DE
Cecil County, MD
Delaware County, PA
Chester County, PA
Philadelphia, PA

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FREE

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WELCOME *from the* Board of Directors

Welcome to the Veterans Outreach Ministries Spring edition (March-May 2024) of the VOM News Magazine publication. Our favorite groundhog Punxsutawney Phil has spoken and spring is most assuredly early this year. But beware of lingering winter blues which often cause social isolation that can persist even as the weather and conditions outside start to brighten. Getting through a bout of seasonal affective disorder (SAD) is not insurmountable though, especially if you take care of yourself, not just mentally, but physically also.

Remember that after the rain comes a rainbow. If you find that your sadness lasts for weeks it may actually be depression and might require you to seek help from a qualified personnel. Take some time for reflection and check for a pattern to see how you are tied to the rhythm of your life and disrupt it! Make exercise and mindfulness a regular habit. Get outside to enjoy the benefit of nature. Think about the activities that bring you joy and keep doing them or start doing them. Idle hands are the devil's play things so keep busy.

Your local libraries, community centers, and especially art studios are filled with books, exhibits, workshops and seminars, many of which are free or cost only a minimal fee. Jump in! Meet new people or work independently but in the vicinity of others to keep that socialable proximity to newness.

If you're seeking the camaraderie of other veterans our two centers are located in Cecil County, MD and New Castle County, DE. We hope to announce soon a third location in Philadelphia, PA.

There are also Veterans Outreach state centers in all 50 United States that are available to help. As a non-profit organization, the mission of the Veteran's Outreach Ministries is to offer support to all veterans and their families through a Christ-centered ministry using prayer, bible study, fellowship and worship.



www.VeteransOutreachMinistries.org

Veteran's Outreach Ministries, is located in the Newark/Bear/Glasgow area. We were incorporated in Delaware in July 2014 by veterans to be a resource to veterans and their families.

VOM is a 501(c)(3) non-profit organization

Veteran's Outreach Ministries is expanding into Maryland and Pennsylvania. Currently, we are seeking volunteers to help us with this growth. If anyone is interested in assisting us with this expansion please contact me at 610-299-5523 or johnd.vom@gmail.com for more information.

Veterans Outreach Ministries
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Want to Contribute? Contact Tom at: ThomasHogate@gmail.com

Saucy Bacon Wrapped Pork Tenderloin

MAKES: 6 Servings **TOTAL TIME:** 35 Min

INGREDIENTS:

- 1/3 cup Vidalia® Onion Dressing
- 1/4 cup Smoky Bacon BBQ Sauce
- 1.5 pounds pork tenderloin, cut into 6 pieces
- 1.5 teaspoons Ultimate Steak™ Seasoning
- 6 bacon slices, partially cooked

INSTRUCTIONS:

1 Prepare grill to medium heat. In small bowl, combine Vidalia Onion Dressing and Smoky Bacon BBQ Sauce; set aside.

2 Season pork with Ultimate Steak Seasoning and wrap with bacon.

3 Place pork on grill. Grill, turning occasionally and brushing with sauce, until internal temperature reaches 155°F on an instant-read food thermometer, about 14-16 minutes. Serve drizzle with any remaining sauce.

4 Serve with Parmesan Noodles.

Wine Pairing: Cabernet Sauvignon

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10 YEARS VETERAN'S OUTREACH MINISTRIES

A DECADE OF DEDICATION TO VETERANS *Now Expanding into Pennsylvania!*

As part of our 10 year anniversary, Veterans Outreach Ministries (VOM PA) announces the official expansion to Chester County, PA.

We are seeking volunteers to help support veterans, including active personnel, first responders, their families who are suffering emotionally and physically. Through continuous prayer and fellowship we ask our Lord Jesus Christ to heal them from any pain they may be experiencing by joining us in our efforts.

We are seeking organizations such as churches, veteran shelters and individual volunteers to be part of this exciting ministry while offering spiritual guidance to ask our Lord for help. We also are looking for a those who would like to join our Board of Directors, preferably fellow veterans, and we have room for 7 people.

If you or someone you know is interested please contact Board President John Dimeglio by phone or text at (610) 299-5523. You can visit our website: www.veteransoutreachministries.org for more information about the VOM organization and our mission.

OUR NON-PROFIT MISSION:

To empower veterans and their families through a Christ-centered ministry:

- Through spiritual living in Christ
- Building community unity and strength
- Being there when you need guidance



OUR PROGRAMS:

- Monthly Meetings & Roundtables
- Quarterly Magazine Publication
- Thank You Brunch
- Career Fair
- Veteran Help
- Fundraisers

LOCATIONS:

Cecil County, MD
New Castle County, DE
> Coming Soon to PA

CONNECT WITH US:

- @VeteransOutreachMinistries
- VeteransOutreachMinistries.org



VOM & COMMUNITY EVENTS FOR MARCH - MAY 2024

www.VeteransOutreachMinistries.org
Visit for full Event Details

- March 1-24 - "The Face of God" Art Exhibit - FREE**
Cecil County Arts Council in Elkton, MD
- March 14 - VOM Meeting starting at 6:30pm**
Regular meeting - all are welcome!
771 Woods Road, Bear, DE 19701
- March 16 - Sensory Easter Bunny at Oasis Church - FREE**
11am-4pm. Food, Fun, Photos. RSVP required.
Contact Lori Darner - ldarner@live.com or 910-514-3518
Oasis Church, 2200 Glasgow Ave, Newark, DE 19702
- March 21 - VOM Veterans RoundTable Discussion**
12-3pm. Contact ThomasHogate@gmail.com for details
VFW Post #6027 in North East MD
- March 23 - Easter Eggstravaganza in North East MD - FREE**
12-4pm on Main Street on "The Green"
Easter Bunny Photos, Face Painting, Petting Zoo
- March 31 - *Happy Easter!***
- April 13-14 - Art Exhibit: Neighborhood of Art: A Tribute to Mr. Rogers**
The Carriage House of Port Deposit
80 S. Main St., Port Deposit, Maryland 21904
- April 18 - VOM Meeting starting at 6:30pm**
Regular meeting - all are welcome!
771 Woods Road, Bear, DE 19701
- April 27 - 4th Annual Art Fest Outdoor Art Fair**
10am-2pm. The Town of Whitehall in Middletown, DE
www.newcastlede.gov/2416/Art-Fest-Art-Fair-2024
- May 3-4 - St. Mary Anne's Annual Garden Market - FREE**
www.stmaryanne.org/about-annual-garden-market
- May 4 - Books, Bourbon & BBQ CCPL (Library) Fundraiser**
5-7pm, Tickets NorthEastChamber.org/event/books-bourbon-bbq
This event will benefit the Library's Literacy Programs
- May 12 - *Happy Mother's Day!***
- May 15 - 6th Annual Art Contest (NCC Art Studio) - FREE**
Submissions due on this date. For Details & Info on
www.newcastlede.gov/1822/NCC-HeARTed-Art-Contest
- May 18 - Fair Hill Scottish Games**
Tickets on www.fairhillscottishgames.org
Fair Hill Fairgrounds in Fair Hill, MD.
- May 27 - *Happy Memorial Day!***

DESIGNING THE AMERICAN FLAG

Later flag acts...

In 1795, the number of stars and stripes was increased from 13 to 15 (to reflect the entry of Vermont and Kentucky as states of the Union). For a time the flag was not changed when subsequent states were admitted. It was the 15-star, 15-stripe flag that inspired Francis Scott Key to write "Defence of Fort M'Henry", later known as "The Star-Spangled Banner", which is now the American national anthem. The flag is currently on display at the Smithsonian Institution National Museum of American History in a two-story display chamber that protects the flag while it is on view.

On April 4, 1818, a plan was passed by Congress at the suggestion of U.S. Naval Captain Samuel C. Reid in which the flag was changed to have 20 stars, with a new star to be added when each new state was admitted, but the number of stripes would be reduced to 13 so as to honor the original colonies.

The act specified that new flag designs should become official on the first July 4th.

In 1912, the 48-star flag was adopted. This was the first time that a flag act specified an official arrangement of the stars in the canton, namely six rows of eight stars each, where each star would point upward. The U.S. Army and U.S. Navy, had already been using standardized designs while throughout the 19th century, different star patterns, both rectangular and circular, had been abundant in civilian use.

In 1960, the current 50-star flag was adopted, incorporating the most recent change, from 49 stars to 50, when the present design was chosen, after Hawaii gained statehood in August 1959.

49- and 50-star unions...

When Alaska and Hawaii were being considered for statehood in the 1950s, more than 1,500 designs were submitted to President Dwight D. Eisenhower. The 49- and 50-star flags were each flown for the first time at Fort McHenry on Independence Day, in 1959 and 1960 respectively.

On July 4, 2007, the 50-star flag became the version of the flag in the longest use, surpassing the 48-star flag that was used from 1912 to 1959.

"Flower Flag" arrives in Asia...

The U.S. flag was brought to the city of Canton in China in 1784 by the merchant ship Empress of China, which carried a cargo of ginseng. There it gained the designation "Flower Flag".

According to a pseudonymous account first published in the Boston Courier and later retold by author and U.S. naval officer George H. Preble:



"When the thirteen stripes and stars first appeared at Canton, much curiosity was excited among the people. News was circulated that a strange ship had arrived from the further end of the world, bearing a flag "as beautiful as a flower". Every body went to see the kwa kee chuen, or "flower flagship". This name at once established itself in the language, and America is now called the kwa kee kwoh, the "flower flag country" – and an American, kwa kee kwoh yin – "flower flag countryman" – a more complimentary designation than that of "red headed barbarian" – the name first bestowed upon the Dutch.

In the above quote, the Chinese words are written phonetically based on spoken Cantonese. The names given were common usage in the 19th and early 20th centuries.

Chinese now refer to the United States as Měiguó from Mandarin. Měi is short for Měilìjiān, phono-semantic matching of "American") and "guó" means "country", so this name is unrelated to the flag. However, the "flower flag" terminology persists in some places today: for example, American ginseng is called flower flag ginseng in Chinese, and Citibank, which opened a branch in China in 1902, is known as Flower Flag Bank.

Additionally, the seal of Shanghai Municipal Council in Shanghai International Settlement from 1869 included the U.S. flag as part of the top left-hand shield near the flag of the U.K., as the U.S. participated in the creation of this enclave in the Chinese city of Shanghai. It is also included in the badge of the Gulangyu Municipal Police in the International Settlement of Gulangyu, Amoy.

President Richard Nixon presented a U.S. flag and Moon rocks to Mao Zedong during his visit to China in 1972. They are now on display at the National Museum of China.

The U.S. flag took its first trip around the world in 1787–1790 on board the Columbia. William Driver, who coined the phrase "Old Glory", took the U.S. flag around the world in 1831–32. The flag attracted the notice of the Japanese when an oversized version was carried to Yokohama by the steamer Great Republic as part of a round-the-world journey in 1871.

Photo Left: Oil painting depicting the 39 historical U.S. flags.

Days to Display American Flag

Holidays to Display Flag

March - May 2024 Spring Issue

- National Vietnam War Veterans Day – March 29, 2017
- Good Friday – March 29
- Somalia Campaign Ended – March 31, 1995
- Easter Sunday – March 31
- Mother's Day – May 12
- Peace Officers Memorial Day – May 15 (1/2 staff until sunset)
- Women's Army Corp Founded – May 15, 1942
- Armed Forces Day – May 18
- Memorial Day – May 27 (1/2 staff until noon)

Non-Flag Display Days

- Asiatic Fleet Memorial Day – March 1
- "Star Spangled Banner" Made U.S. National Anthem – March 3, 1931
- Daylight Savings Time Begins – March 10 (set clocks ahead one hour)
- Girl Scouts of the U.S.A. Founded – March 12, 1912
- St Patricks Day – March 17
- Iraq War Began – March 19, 2003
- Spring Begins – March 20
- Purim Begins – March 23
- Kosovo Campaign Began – March 24, 1999
- Palm Sunday – March 24
- April Fools Day – April 1
- Army Day – April 6
- Persian Gulf War Official Cease Fire – April 11, 1991
- Income Tax Day – April 15
- Earth Day – April 22
- Passover Begins – April 22
- Administrative Professional Day – April 24
- Arbor Day – April 26
- Law/Loyalty Day – May 1
- National Day of Prayer – May 2
- Orthodox Easter – May 5
- Nurses Day – May 6
- Unconditional Surrender of all German Forces Signed – May 7, 1945
- V-E Day Declared – May 8, 1945
- Military Spouses Day – May 10
- Victoria Day (Canada) – May 20
- National Maritime Day – May 22

www.NationalFlagFoundation.org



The Historical Mystique of *Rodgers Tavern Museum*

Article Written by David Murch

A substantial house built in the Georgian Renaissance (British Baroque) style sits nestled away down a small road in Perryville, Maryland. Located adjacent to the classical Veterans Administration Campus, this stone structure sits grand and statuesque, an architectural time capsule bookmarking its position in history and physical location on the Susquehanna River. This is Rodgers Tavern Museum.

For those looking to more meaningfully connect on a deeper level with their local heritage, Rodgers Tavern Museum represents the last remaining structure of what was once a thriving commerce and military settlement on the east side of the Susquehanna River, directly across from the Town of Havre de Grace. Many

know Havre de Grace, or Grace Harbor as the English translation goes, and have seen the proud statue of the French General Marqui de Lafayette who gave the town its namesake. So, when the intellectual and revolutionary giants of the 18th century, like Lafayette, Washington, Hamilton and even Rochambeau have local roots, rightfully this history is worth examining further.

Located at 249 East Broad Street, Rodgers Tavern Museum, completed in 1790, "is the sole survivor of the early settlement of this area, facilitated by travel along the post road between Baltimore and Philadelphia. The stone tavern sits along the east bank of the Susquehanna River, near the site of the ferry established in 1695, linking what later became Perryville and Havre

de Grace. Opening as the Ferry House, it was purchased in 1780 by John Rodgers. It became a favorite stopping place for such notable Revolutionary War figures as George Washington and French generals Lafayette and Rochambeau” (Davidson & Lavoie).

What did these figures talk about, and what topics did they discuss? Surely, Washington, Hamilton, Lafayette and Rochambeau were conducting strategic meetings as they coordinated military and supply movements in the face of the British incursion. At Rodgers Tavern, the seeds of America were being sown in the candlelit rooms of grave and purposeful discussions among men who would be called “revolutionaries”. Indeed, the main goal in mind was independence, and that goal they surely achieved.

Originally known as Stevenson Tavern, the structure was the site of the raising of the 5th Company of Maryland Militia of the Revolutionary War, headed by none other than Colonel John Rodgers. Fascinatingly, Colonel Rogers was charged with raising (upon a direct recommendation from Washington and then ratified by Congressional order) a militia consisting of men from Maryland, Delaware and Pennsylvania, then colonies. Thus, at this early phase of the conflict, Colonel Rodgers raised one of the first “Flying Camps” which represented an able battalion of 10,000 colonists, now soldiers, to be a lean and agile mobile unit whose primary objective would be to defend large tracts of territory from the British.

According to Gene Pisasale, American historian, author and lecturer, “It wasn’t just

Washington who slept there; numerous other Founding Fathers and supporters of the American cause, including Thomas Jefferson, James Madison, the Marquis de Lafayette and Marshal Jean-Baptiste Donatien de Vimeur, the comte de Rochambeau, whose French troops were vital to Washington’s victory at the historic Battle of Yorktown also spent time at Rodgers Tavern.”

The fledgling alliance between the colonial revolutionaries and the French intellectual and military elite alliance represented the cross-section of mutual interests being driven by political forces, but also the intellectual spring of thought originated during The Enlightenment, where in Paris, patriots and thinkers would convene at taverns to discuss the state of things, in what would eventually be known as the French “salons”.

Thus, a historic alliance was built and forged at Rodgers Tavern, and as we now know, America would emerge victorious against the British, finally winning our Independence. So, miles across the Atlantic, on the Susquehanna River between a small ferry crossing, the United States was being formed. We are fortunate to have the opportunity to celebrate and honor the historical significance of Rodgers Tavern Museum in Perryville, MD.

Source: “Rodgers Tavern Museum (Rodgers Tavern)”, Lisa Pfueller Davidson and Catherine C. Lavoie, Society of Architectural Historians (SAH), Archipedia Rotunda

Source: “Rodgers Tavern—a stopover point for our Founding Fathers”, Gene Pisasale & Tricia Hoadley, Cecil County Life, Dec 2019



Photos (far left to right): Tavern front, historical markers on the tavern, Tavern Back.

Article by
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What Makes You Tic?

One day, I saw my 5-year-old son moving his lips in an awkward spasm-like motion.

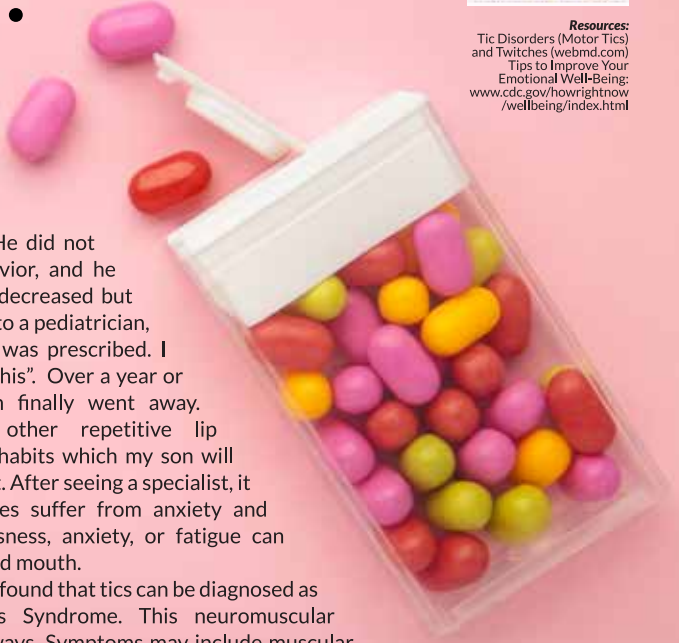
These muscular spasms continued for a few months. I asked him, "why are you moving your mouth like that?" He did not explain the reason for this behavior, and he could not control it. The spasms decreased but did not go away. I mentioned this to a pediatrician, and no medication or treatment was prescribed. I was told "we will keep an eye on this". Over a year or so, the spasms decreased, then finally went away. Occasionally, there may be other repetitive lip movements, lip or finger picking habits which my son will repeat when he is anxious or upset. After seeing a specialist, it was discovered that my son does suffer from anxiety and insomnia. I learned that nervousness, anxiety, or fatigue can trigger spasms in the eyes, face, and mouth.

As I continued my researched, I found that tics can be diagnosed as Tic Syndrome and/or Tourettes Syndrome. This neuromuscular disorder manifests in numerous ways. Symptoms may include muscular or vocal tics in children and adults. A child may experience uncontrollable eye-blinking, lip-licking, or vocal noises. Even adults may shrug their shoulders or kick each leg in a repetitive pattern. Tic Syndrome can affect any part of the body and ranges from mild to complex cases.

Treatment will vary depending on the severity of symptoms. Mild cases resolve over time with proper sleep and a balanced life. Severe Tic Syndrome and Tourettes Syndrome may require medication and behavior therapy as prescribed by a provider or specialist. All cases should be reported to your provider to facilitate the best intervention and prevention of worsening symptoms. As with most conditions, it is a good idea to eat a well-balanced diet, exercise regularly, and get the appropriate rest. Get regular checkups, report any changes in your health to a provider, and do not forget to pray always.



Resources:
Tic Disorders (Motor Tics) and Tics (webmd.com)
Tips to Improve Your Emotional Well-Being: www.cdc.gov/howrightnow/wellbeing/index.html





Sensory Easter Bunny
March 16, 2024 11am-4pm
Food, Fun, Photos - RSVP Required
Contact Lori Darner
LDarner@Live.com or 910-514-3518



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Article Written by *Rebecca Hummer*



Helping Veterans Experience the Healing Power of Nature

What's Social Therapeutic Horticulture?

Social and therapeutic horticulture is the process of using plants and gardens to improve physical and mental health, as well as communication and thinking skills.

OK, so why plants?

Did you know...

It's scientifically proven that working with plants has the ability to reduce symptoms related to stress and anxiety, depression and PTSD? Plants can also help to increase your bone strength, cognitive skills, self-esteem and confidence!

Heroic Gardens is an amazing group doing amazing things when it comes to this! Let's get the word out!!

The Mission of Heroic Gardens.

They are a mental health organization that is dedicated solely to veterans. Their goal is to introduce and surround veterans with horticulture as a form of personal healing. Not everything has to be treated with a pill!

Plants. They surround us. They're in our food, in the clothes we wear, in the medication we take and even in the buildings around us. Plants are an integral part of all of us.

Their team is a group of amateur and professional gardeners that believes in the power of plants. They also have military ties and a sense of responsibility when it comes to serving those that have served our country for generations.

They work with small groups to bring thoughtful plant based activities to veterans in order to help them reduce stress and increase confidence.



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Their organization operates year round. They can help a veteran build an indoor garden, all they need to bring is their imagination.

The Program.

They offer plant based classes that follow a Whole Health model focusing on the important things in life, like Relationships, Nutrition and Movement. The one hour long sessions guarantee a few things: You will socialize, you will smile, you will create, you may even surprise yourself with just how much you have connected to a plant and to yourself.

Who They Serve.

Not only do they offer this program for veterans, but they also offer it for caregivers and family members. Please reach out to learn where and when these classes are scheduled. They want to help you connect with your plant family!

The Possibilities.

They don't just meet inside... in the seasonal weather, they teach tree tending, raised bed vegetable, herb and pollinator gardening. They even build and deliver the beds on location.

If you're interested in getting involved, donating to this important programming and learning about upcoming activities email them: plantlove@heroicgardens.org

Join the Virtual Garden:

www.heroicgardens.org/virtualgarden

They meet monthly. All you need is a computer or phone with a wireless connection, a sense of wonder, and of course humor. They'll do the rest.

If you're a veteran who lives in the US and wants to connect with other veterans who

believe in the positive impact of plants, you're in the right place.

Classes meet the first Sunday of each month at 6pm unless otherwise notified. If you register after the 20th of the month, you will automatically be enrolled in the following month.

Each month, you'll get a package in the mail with an activity that you'll unpack together as a team.

If a veteran has a windowsill, they can grow anything. They're bringing the healing power of plants to veterans in the comfort and safety of their own homes.

I (Rebecca) am honored myself to be participating in this group. It's true as they say... "there's something about putting your hands in the dirt and seeing something grow from small".



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MALE

VETERAN of the Quarter

Todd Hurt

Time in Service

February 2003 - February 2007

Air Force Specialty Code (Job Code)

1C6 Space Systems Operator

Completed Air Force Basic Military Training

Lackland AFB, San Antonio, Texas

Completed Air Force Technical School

Vandenberg AFB, California

1st Duty Assignment

20th Space Control Squadron, Eglin AFB

Mission: Worked as a Space Console Operator in a Phased Array Radar to conduct near earth and deep space tracking, space object identification, and characterization to provide targetable intelligence in support of the space domain awareness mission.

Completed Air Force Technical School

Vandenberg AFT, California (again)

2nd Duty Assignment

6th Space Warning Squadron, Cape Cod Air Station, Sagamore, Massachusetts

Mission: As a Space Console Operator and then Crew Chief, operated the early warning radar Pave PAWS (phased array warning system). Provided accurate and timely missile warning data to U.S. and allied decision makers for the safety and security of North America, and tracked Earth orbiting objects, including high interest items such as the International Space Station, any object that deviates from its known orbit, or any new satellite object.

Worked in the Training Shop to provide monthly on the job training to ensure proficiency of Airmen, creating and delivering simulation scenarios. Then moved to the Standards and Evaluations Office which evaluated personnel quarterly to determine job qualifying status with simulation scenarios.



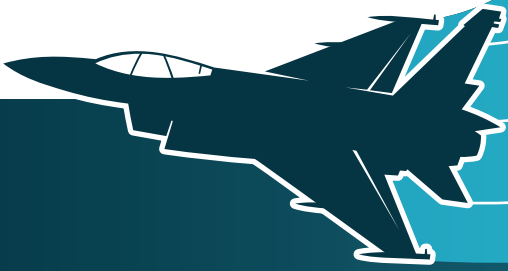
Also was a member of the Air Force Honor Guard with 6th Space Warning Squadron. Rendered military honors to families of former service members during funeral services and represented the Air Force during public events such as parades and sporting events.

Honors

- 2x Airman of the Quarter
- 2x Crew of the Quarter
- Senior Airman Below the Zone (a one-time promotion consideration afforded to Airmen who show exceptional performance and carry out duties at a level above their current rank)
- Selected to be lead trainer of 6th Space Warning Squadron's Guardian Challenge representatives, a best of the best competition of Space Command.

Why I joined:

I was a little lost. College just wasn't for me at the time. I worked jobs that just weren't making me happy. Finally, my dad, who noticed I was just going through the motions every day, said to me



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"You know, the military is option for you. However, you're only joining the Air Force". He was a former Army service member who knew the Air Force would be the right fit for me. It gave me a purpose and allowed me to travel the country. But most importantly it gave me a feeling of patriotism, that I was doing this for my country and everyone in it.

Me Now:

Military is still a part of my life even though I stopped actively serving. I spent 13 years as a contractor at the Aberdeen Test Center as a metrologist. Utilizing all types of measurement

tools to provide accurate data on all sorts of military testing objects and tests.

I utilized my Montgomery G.I. Bill which I gained by being in the military and was able to first get an Associates Degree in Business Management from Cecil College and then a Bachelors in Business Administration from University of Maryland University College. I've since transitioned to the civilian side of the government as a Program Analyst on Aberdeen Proving Ground. This allows me the freedom to telework and be with my family more often than not. I couldn't be happier.

FEMALE

VETERAN of the Quarter

Terrlyn M. Lewis

Master Sergeant (MSG) Terrlyn M. Lewis has served over 32 years of faithful service to the Delaware National Guard.

She is a 1983 graduate of Saint Marks High School. During her junior year, she joined the National Guard as a Private E1 on 13 April 1982 assigned to the 116th Mobile Army Surgical Hospital (MASH). She completed Basic Training at Fort Dix, NJ and during her senior year completed her Advance Individual Training (AIT) at Fort Jackson, SC in 1983 as an Administrative Specialist (71L).

Military Experience and Education:

After spending five years as a Traditional Soldier (part-time), MSG Lewis began her full-time Active Guard Reserve (AGR) career within the 116th Mobile Army Surgical Hospital (MASH) by being selected to serve as the Clerk Typist in the S1 (Admin) section. She then advanced to Unit Clerk and ended as the Personnel Staff NCO completing 11 years in the unit.

She was transferred to the 72nd Troop Command (Brigade) in April 1993 to accept the Administrative NCO position. In September 1997, MSG Lewis accepted the promotion to Sergeant First Class and was transferred to Det 5, STARC which later became 721st Troop Command (Battalion) to serve as the Personnel Staff NCO. In May 2000, she was transferred back to the 72nd Troop Command (Brigade) and assigned to the Detachment Sergeant position.

Upon the creation of the 722nd Troop Command, MSG Lewis was selected and assigned to serve as the Administrative Supervisor for the Battalion in December 2003. In January 2006, she was reassigned to Joint Force Headquarters to serve as the Senior Personnel Service Sergeant for the Enlisted Personnel Branch.

Effective January 2009, she accepted the promotion to Master Sergeant and was thereby transferred to the 193rd Regional Training Institute (RTI) and assigned as the Training Operations Sergeant. Her last assignment and transfer was in August 2011 to serve as the State Quota Source Manager for Joint Force Headquarters.



MSG Lewis' military schools includes completion of the following:

Administrative Specialist (71L) graduating with Hall of Fame status, Human Resource Specialist (42A) as the Distinguished Honor Graduate and Unit Supply Specialist (92Y), the active component Primary Leadership Development Course at Fort Dix, NJ, the reserve component Basic Non-commissioned Officer Course at Bethany Beach, DE, the active component Advanced Non-commissioned Officer Course at Fort Jackson, SC, Unit Clerk Course at Little Rock, AR, Personnel Staff NCO at Little Rock, AR, Information Management Course in DE, Total Army Instructor Training Course at Bethany Beach, DE, ARNG Retirement Counselor at Little Rock, AR, Resource Management Course at Little Rock, AR, Fiscal Law at Fort Pickett, VA and Quota Source Management School/Individual Training Management Course in Maine.

Civilian Education:

She holds an Associates of Science Degree from Brandywine College of Widener University and a Baccalaureate Degree of Science (Cum Laude) in Business Administration from Welsey College.

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Affiliations and Professional Designations:

Delaware National Guard Army-Air Retired Enlisted Association; Enlisted Association of the National Guard of the United States; Women In Military Service for America Memorial Foundation, Inc.; The American Legion Robert L. Taylor Post #13. MSG Lewis resides in Newark, Delaware with her mother, Marsha Langston and son, Aaron M. Lewis.

Awards and Honors:

Her military decorations include two Meritorious Service Medals, four Army Commendation Medals, five Army Achievement Medals, eight Army Good Conduct Medals, an Army Reserve Component Achievement Medal, two National Defense Service Medals, a Global War on Terrorism Medal, three Armed Forces Reserve Medals, three Non-commissioned Professional Development Ribbons, an Army Service Medal, a DE Conspicuous Service Cross, one DE Medal for Military Service Ribbon for Achievement, three DE Medal for Military Merit Ribbon for longevity, two DE Army National Guard Defense Service Ribbons, three DE Aid to Civil Authority Ribbons, three DE Army National Guard Physical Fitness Medals and a DE Unit Strength Award.

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BUSINESS of the Quarter

Visiting Angels Dover Senior Home Care

Write up provider by Thomas Smith CSA
President, Asst. Director

Visiting Angels is proud to serve the Veteran community. I have been in this field since 2016. I worked with my brother out of the Wilmington DE office for four years and then my wife Jeanne and myself opened the office that now resides in Middletown. We have been here for three years. During that time, we have helped scores of veterans find the care they need through referrals from the VA, or putting them in touch with long term care contacts at the VA. The Veterans Administration has been at the forefront of keeping up with inflation in regards to reimbursement rates.

Our business has grown to over 70 clients during our three-year stint and plan to keep growing for many years to come. What we do is help area seniors age in place surrounded by



family and friends. We strive to keep them warm and dry and mitigate their fall risk. We also help get them to their appointments and make sure they are eating well.

We connected with Veterans Outreach Ministries through the Middletown Area Chamber of Commerce and we hope to grow our partnership and friendship in the years to come.

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This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Tyler Simonds. Edward Jones, Member SIPC

FINANCIAL FOCUS:

Can you save too much for a rainy day?

“Save for a rainy day” is an old piece of advice – and a good one. But is it possible to save too much?

A “rainy day” could be any number of things: a temporary loss of employment, a major home or car repair, a large medical bill, and so on.

If you did not have the money readily available to pay for these types of expenses, you might be forced to dip into your IRA, 401(k) or other retirement accounts, incurring taxes and possible penalties, as well as lowering the amount of money you’d have available for retirement. And that’s why it’s a good idea to build an emergency fund containing up to six months’ worth of total expenses, with the money kept in a liquid, low-risk account that’s separate from the accounts you use for your daily spending needs.

An emergency fund is valuable, but many people may be overfunding it. And while this isn’t the biggest financial mistake one can make, it could result in some missed opportunities.

For one thing, when you keep money in a low-risk account, you can generally count on your principal being protected, which means the money will be there for you when you need it –but the flip side is that this money likely won’t grow very much, if at all. And if you’re going to achieve your long-term goals, such as a comfortable retirement, you need your investment portfolio to provide you with significant growth potential within the context of your individual risk tolerance. So, any excess dollars kept in your rainy-day fund might be used to help fuel some growth-oriented investments.

You could also use these dollars to help diversify your investment portfolio. If you only owned one type of investment, your portfolio could take a big hit if a market downturn affected just that asset class. But by owning a mix of stocks, bonds, government securities and other investments, you can help reduce the impact of market volatility. (Keep in mind, though, that diversification, by itself, can’t protect against all losses).

Still, before deciding on what to do with extra money you might have in your emergency fund, how will you know if you indeed have too much? Up to six months’ worth of total expenses may be adequate for most people – but everyone’s life is different. For example, if you have reason to believe your employment – or that of your spouse – may be in jeopardy in the near future, or if you anticipate the need for some renovations to your home, but not for a year or so, you might want more than six months of expenses tucked away in your emergency fund.

Also, once you’re retired, you may well want to keep a year’s worth of expenses in the fund. If you need cash, you don’t want to be forced to sell investments when their price may be down, especially since you have less time for them to recover.

Ultimately, when thinking about how much to keep in your emergency fund, review your situation carefully and weigh as many variables as you can. And if you do decide your rainy-day fund is abundant, use any “overflow” in a way that can help you keep moving toward your financial goals.



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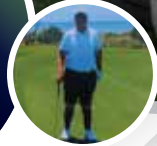
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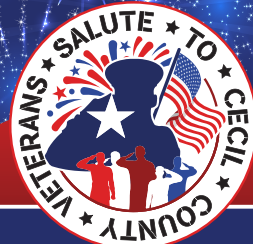
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